



HAVE IT YOUR WAY®

Nutritional Information

As of March 2007. Please check www.bk.com for the most recent Nutritional Information.

	Serving Size (g)	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs. (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
WHOPPER® Sandwiches											
WHOPPER® Sandwich	290	670	33	11	5	51	1020	51	3	11	28
w/o Mayo	269	510	22	9	1	80	880	51	3	11	28
WHOPPER® Sandwich with Cheese	315	760	47	16	1.5	115	1450	52	3	11	33
w/o Mayo	294	600	30	14	1.5	100	1310	52	3	11	32
DOUBLE WHOPPER® Sandwich	373	900	57	19	2	175	1050	51	3	11	47
w/o Mayo	352	740	39	17	2	160	950	51	3	11	47
DOUBLE WHOPPER® Sandwich with Cheese	388	990	64	24	2.5	195	1520	52	3	11	52
w/o Mayo	376	830	47	22	2	180	1380	52	3	11	52
TRIPLE WHOPPER® Sandwich	456	1130	74	27	3	255	1160	51	3	11	67
w/o Mayo	434	980	57	24	2.5	240	1020	51	3	11	66
TRIPLE WHOPPER® Sandwich With Cheese	480	1230	82	32	3.5	275	1590	52	3	11	71
w/o Mayo	459	1070	65	29	3	260	1450	52	3	11	71
WHOPPER JR.® Sandwich	158	370	21	6	0.5	50	570	31	2	6	15
w/o Mayo	147	290	12	4.5	0	40	490	31	2	6	15
WHOPPER JR.® Sandwich with Cheese	170	410	24	8	1	60	780	32	2	6	18
w/o Mayo	149	330	16	7	0.5	55	710	31	2	6	17
Bacon (1 Strip)	2.5	15	1	0	0	5	50	0	0	0	1

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Fire-Grilled Burgers											
Hamburger	121	290	12	4.5	0	40	560	30	1	6	15
Cheeseburger	133	330	16	7	0.5	55	780	31	1	6	17
Double Hamburger	164	410	21	9	1	85	600	30	1	6	25
Double Cheeseburger	189	500	29	14	1.5	105	1030	31	1	6	30
Bacon Double Hamburger	194	530	31	14	1.5	110	1130	32	1	6	32
BK® Double Stacker	190	610	29	16	1.5	125	1100	32	1	5	48
BK® Triple Stacker	250	800	54	23	2	185	1450	33	1	5	48
BK® Quad Stacker	311	1000	68	30	3	240	1800	34	1	6	62
The Angus Steak Burger	273	640	33	10	1.5	185	1260	55	3	10	33

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Chicken, Fish, & Veggie											
TENDERGRILL® Chicken Sandwich	258	450	10	2	0	75	1210	53	4	9	37
w/ Mayo	258	510	19	3.5	0.5	75	1180	49	4	7	37
w/o Sauce	244	400	7	1.5	0	70	1050	49	4	7	36
TENDERCRISP® Chicken Sandwich	286	780	43	8	4	75	1730	73	4	8	25
Spicy TENDERCRISP® Chicken Sandwich	300	720	36	7	4	65	2000	74	5	8	25
w/o Sauce	258	570	21	4.5	3.5	55	1540	73	4	8	25
Original Chicken Sandwich	219	660	40	8	2.5	70	1440	52	4	5	24
CHICKEN TENDERS® Kid's Meal - 4 pc	190	450	17	4	2	50	1250	52	4	5	23
CHICKEN TENDERS® - 5 pc	77	210	12	3	2	35	600	13	0	0	12
CHICKEN TENDERS® Big Kid's Meal - 6 pc	92	250	15	3.5	2.5	40	720	16	0	0	14
CHICKEN TENDERS® - 8 pc	123	340	20	5	3	55	960	21	<1	1	19
Barbecue Dipping Sauce (1 oz)	28	40	0	0	0	310	11	0	10	0	0
Honey Flavored Dipping Sauce (1 oz)	28	90	0	0	0	0	23	0	22	0	0
Honey Mustard Dipping Sauce (1 oz)	28	90	6	1	0	10	180	8	0	7	0
Sweet and Sour Dipping Sauce (1 oz)	28	45	0	0	0	0	55	11	0	10	0
Ranch Dipping Sauce (1 oz)	28	140	15	2.5	0.5	5	95	1	0	1	1
BK® CHICKEN FRIES - 6 pc	85	260	26	15	3	35	650	18	2	1	12
BK® CHICKEN FRIES - 9 pc	128	390	23	5	4.5	50	980	26	3	1	18
BK® CHICKEN FRIES - 12 pc	170	520	31	7	6	65	1300	35	4	2	25
Buffalo Dipping Sauce (1 oz)	28	80	8	1.5	0	5	350	2	0	1	0
BK FILET® Sandwich	250	630	30	6	2.5	60	1360	67	4	8	24
w/o Tartar Sauce	222	470	13	3	2	50	1240	65	3	7	23
Spicy BK BIG BITE® Sandwich	250	620	29	6	2.5	60	1540	67	4	7	24
BK VEGGIE® Burger**	215	420	16	2.5	0	10	1100	46	7	8	23
w/ Cheese	228	470	20	5	0	20	1320	47	7	9	25
w/o Mayo	205	340	8	1	0	1030	46	7	8	23	

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Side Orders											
MOTT'S® Strawberry Flavored Apple Sauce	113	90	0	0	0	0	0	23	<1	5	1
Onion Rings - Small	43	150	7	2	1.5	0	220	19	1	2	6
Onion Rings - Medium	91	320	16	4	3.5	0	460	40	3	5	4
Onion Rings - Large	130	450	22	6	5	0	660	57	4	7	6
Onion Rings - King	150	520	26	7	6	5	760	66	5	8	7
Zesty Onion Ring Dipping Sauce (1 oz)	28	150	15	2.5	0	15	210	3	<1	2	7
CHEESY TOTS™ - Small (6 pc)	77	210	12	4.5	2	20	650	20	2	1	10
CHEESY TOTS											